

FIT & THRIVE FAZE 1



ZESTFOREVER
PLANT BASED WORLD

Week One

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Week One Shopping List

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This shopping list may seem a lot, but you may already have many of these items in your larder to start with. Plus, lots of the ingredients on this list will last you way longer than this one week, and you will also need them moving forward with your plant based diet plan. ALL SHOPPING LISTS DO NOT INCLUDE SNACK MENU ITEMS. PLEASE KEEP STOCKED ON BASE INGREDIENTS

DRIED GRAINS – Jumbo oats, buckwheat pasta, buckwheat flour, buckwheat grouts, buckwheat or brown rice noodles, wholegrain sourdough bread, packet of pre-cooked brown rice or mixed wholegrains, yellow split peas, tortilla wraps, dried red OR green lentils.

DRIED FRUITS – Sultanas, goji berries (optional), unsulphered apricots, dates.

DRIED SPICES – Turmeric, mixed herbs, baking powder, fennel seeds, chilli flakes, garlic powder, thyme, cumin, cinnamon, ginger, paprika, vanilla essence, baking powder, ground coriander.

NUTS AND SEEDS – Pumpkin seeds, walnuts, almonds, Brazil nuts, chia powder or seeds, sesame seeds, desiccated coconut, tahini, sugar-free peanut butter and almond butter, sunflower seeds, flaxmeal

CANNED GOODS – 2 x chickpeas, 2 x sweetcorn, 2 x chopped tomatoes, 2 x kidney beans, 1 x cannelloni beans, 1 x chickpeas, 1 x small can of sugar-free baked beans.

FRESH VEGETABLES – 3 x cloves of garlic, 3 x avocados, 1 x head of broccoli, green and red bell pepper, 4 x onions, 1 x bunch of spring onions, green salad leaves, rocket, 1 x small butternut squash, spinach, white cabbage, 2 x bulbs of fennel (1 is for day 5), carrots, frozen edamame beans, frozen peas, beansprouts (not needed until day 6), cauliflower, 2 x courgettes (zucchini), 1 x white cabbage, 2-3 white potatoes, 2 x sweet potatoes, fresh chills, baby spinach (not needed until day 5), fresh coriander (not needed until day 5 extra side veggies of choice for Sunday's lunch which you may want to wait to buy nearer the time).

FROZEN PRODUCE – Bag of podded edamame or broad beans, green peas, blueberries.

FRESH HERBS – Basil, parsley, coriander (not needed until day 5. You can chop and freeze what you don't use).

FRESH FRUITS – Bananas, apples, berries of choice, 3 x lemons, 1 x mango, then any other mixed fruits of your choice.

MISCELLANEOUS – Sugar-free nut milks of your choice (including 1 oat milk), vegan cheese (optional), whole fruit jam (no added sugar), coconut oil, or oil spray for low fat diet, apple cider vinegar, mushroom ketchup (if you can get it), balsamic vinegar, bar of dark chocolate at least 70% cacao solids, cacao powder, nutritional yeast, hummus, soy or tamari sauce, miso paste (red or white), either maple, brown rice, agave or date syrup, Xylitol or stevia (optional), yeast extract, vegetable bouillon.

THINGS TO PREP

HIGH PROTEIN GRANOLA RECIPE

This is something that will become a staple in your diet, just because it has so much nutrition, protein and healthy fats. It is also low GI and will keep your blood sugar stable throughout the morning, and keep you filled up until lunch (or at the least until your mid-morning snack).

Make this granola the day before you begin your plan and then just keep remaking it as you run out (you will need it the whole way through, and you can always amend it with different fruits, nuts and seeds to suit your tastes). Make a big batch as it will last for weeks on end; just keep ALL your ingredients natural and sugar-free. Check all labels, especially on your dried fruits. You don't want to see any added sugars or fruits juices on any dried fruit labels, and ideally no preservatives either, though that's sometimes hard to find, granted.

IMPORTANT: Again, make sure you always have this granola made up as it will become a breakfast you will be eating on certain days all through the plan. The reason being, it is full of healthy fats!

For The Granola

- 2 x cups of buckwheat grouts – You can buy these in most supermarkets or health food stores. These are very important because they are a highly nutritious, full of protein and fibre, and are actually a seed not a grain, so are gluten free too. They are also an immune booster with a full array of vitamins. You can just use these alone if you want a lower carb granola, or even if you just don't want to add oats; but oats do bulk it out.
- 3 x cups of jumbo oats – Full of fibre, heart friendly and with beta glutens.
- 2/3 of a cup chopped raw walnuts – High in Vitamin E and Omega 3's; good for the brain, heart and memory.
- 2/3 of a cup of chopped raw almonds – High in magnesium, help lower cholesterol, fat burning.
- 1/3 cup of chopped raw Brazil nuts – High in selenium for mood, high in iron and calcium.
- 1 cup of coconut flakes or desiccated coconut
- 1/2 cup of milled chia powder or seeds – Omega 3's, fibre, calcium, antioxidants.
- 1 cup of chopped dates – Anti-inflammatory, bone health, phosphorus, Vitamin K.
- 2/3 cup of sultanas – Iron, potassium, antioxidants.
- 15 x chopped unsulphured apricots – Vitamin A, good for the blood, bones and skin.
- Goji berries (optional, but taste great) – Powerful anti-aging superfood.
- 1 x heaped tablespoon of Ceylon cinnamon powder (to help with evening out your blood sugar for the whole day ahead).
- 2 x teaspoons of ginger powder – Anti-inflammatory, digestive aid.
- 2/3 cup of cacao nibs (optional) – Flavenols, antioxidants, magnesium.
- 4 x tablespoons of virgin coconut oil – Fat burning; can help control blood sugar alongside a low-sugar diet.

Method

1. Heat your oven to 180C (350F), then add two large baking trays with 2 tablespoons of coconut oil in each of them to melt (this is optional as it tastes just as good without)
2. Mix the buckwheat grouts and jumbo oats together, then add in equal amounts to the pans and mix into the oil
3. Bake for about 15 minutes. Take out and give it another mix, then return and bake for a further 10 or so minutes until going slightly brown or golden. You want a nutty effect, but not burnt
4. Take out, leave to cool, then simply add in all the other ingredients and mix well. It's important you keep all the other ingredients in their raw state as this will keep the nutritious oils and antioxidants stable – you want this to be a virtually 'raw' breakfast as pure raw foods just give you more energy in general
5. Next, store in a large mason jar, or other airtight container and it will keep for weeks (probably longer, but mine never hangs about that long).



Week One

Day One

7

Breakfast

Homemade Granola

Method

5-7 dessert spoons of high protein granola with sugar-free (organic if possible) plant milk, plus a large handful of fresh berries.

Lunch

Classic Hummus, Carrot & Rocket Sarnie

Method

Sandwich of 2 slices of thick wholemeal or sourdough bread or tortilla wrap (oil free), large tablespoon of hummus, a grated carrot, a big handful of rocket and salt and pepper to taste.

Dinner

Serves 2

Corn and Courgette Fritters with Sweet Potato Wedges & Slaw

For the Fritters

- 2 cups grated zucchini (courgette)
- 1 x cup sweetcorn, kernels
- 1 tbsp basil, fresh
- 2 x cloves of garlic
- 1/2 cup all-purpose flour
- 1/8 tsp black pepper, fresh ground
- 1/4 tsp paprika
- 1/2 tsp salt, coarse
- 1/8 tsp salt
- 1 tbsp olive oil (optional, add water instead if you are oil- free)
- 1 tbsp flax seed, ground
- 1 tbsp water

For the Slaw

- 1 x thinly sliced, crunch apple
- 1 x small, very thinly sliced (or grated) bulb of fennel
- About 1 x cup of very thinly sliced (or grated) white cabbage
- 1 x grated carrot
- 1 x finely sliced white or red onion
- Dressing of apple cider vinegar, lemon juice and fennel seeds (optional), salt and pepper to taste



Method

1. Set your oven to 180c(350f) and get your sweet potato wedges into bake
2. Meanwhile, mix your flax and water together to make a flax egg.
3. Add to a food processor all of your ingredients apart from the courgette (including flax egg) and pulse until well ground down and mixed. Don't pulse to a pulp as you want to have texture in there.
4. Grate your courgette separately and squeeze or blot as much moisture out as possible with a clean tea towel, then add to your mix and blitz again.
5. Mould with your hands into 4 flat fritters (or 8 smaller ones).
6. Either fry in a pan with a spray of oil, or dry fry in a non-stick pan on a medium heat for 3-4 minutes on either side until golden.
7. Serve with roasted sweet potato wedges. You can roast these in a small amount of coconut oil, and spices such as cumin, garlic and paprika if you like.
8. Serve with a slaw made from very thinly sliced apple, fennel, cabbage, onion, grated carrot, fennel seeds, salt, pepper, dressed in a drizzle of apple cider vinegar and the juice from your lemon.

Breakfast

Sourdough & Avo **1x Piece of fruit.**

Method

1 x large slice of oil-free, wholegrain sourdough bread toasted, topped with 1 teaspoon of tahini paste, a smashed avocado, salt and pepper to taste.

Lunch

Serves 4

High Protein Split Pea Soup

Save enough for Thursday's lunch

For the Soup

- 2 x cups of yellow split peas cooked as per packet instructions
- 2 x chopped carrots (into half inch cubes)
- 1 x large butternut squash cut into 1/2 inch cubes
- 1 x large onion chopped into 1/2 inch chunks
- 2 x heaped tsp of vegetable bouillon
- Big handful of fresh parsley

Method

1. Add all your chopped veggies and bouillon to a large saucepan, then add enough boiling water to cover.
2. Simmer until tender (keep adding more water to just cover if it evaporates)
3. Add your cooked peas, and again more water if needed and bring back to simmer.
4. With a potato masher roughly mash your soup to desired consistency. You could take half out, blend until smooth then add back. Or smooth the whole thing if that's what you prefer. Bring back to a simmer and adjust to desired consistency with extra hot water (this is supposed to be a thick soup).
5. Add some seasoning of salt and pepper to taste, and your fresh parsley right before serving.



Dinner

Serves 3- 4

Chocolate Chilli

Make enough for tomorrow's lunch.

You may not think chocolate and chilli go together, but the dark chocolate in this recipe gives your chilli a meaty edge and depth of flavour.

For The Chilli

- 2 x 400g cans of kidney beans
- 1 x 400g can of butter beans or chickpeas
- 2 x 400g cans of chopped tomatoes
- 1 x teaspoon of coconut oil (optional)
- 1 x green bell pepper
- 1 x medium white onion
- 6 x cloves of fresh crushed garlic, or dried garlic to taste
- 2 x chilli peppers (1 green and 1 red depending on taste)
- 2 x tsp paprika (or hot smoked paprika if you like spice)
- 1 x tsp of vegetable bouillon powder
- 1-2 x tsp of cumin powder
- 1 x tsp dried thyme
- 1 x tablespoon of mushroom ketchup if you have it
- About 15-20 grams of dark chocolate at least 70% cacao
- Brown rice for serving

For The Topping

- Chopped avocado
- Lemon juice
- Spring onions
- Salt and pepper to taste

Method

1. Fry onion, chillies and diced green pepper with the coconut oil in a frying pan until tender. If you wish to be completely oil free then dry fry, or use a little stock or water.
2. Add all herbs and spices (including garlic and bouillon powder) and fry for 1 minute further to activate the flavours of the spices, stirring continuously.
3. Add all the other ingredients (except the topping), along with about 1/2 cup of hot water to get the desired consistency. Bring to a slow simmer.
4. Cover and cook on a very low heat for about 15 minutes.
5. Serve on top of brown rice. Top with chopped avocado, sliced spring onion and a squeeze of lemon juice.
6. Keeps in the fridge for up to 3 days, so save the leftovers in an airtight container.

Breakfast

Banana Sultana Porridge

For The Porridge

- 1/2 Cup dry weight of porridge oats made with nut milk
- 1 mashed banana,
- Cinnamon powder,
- A handful of raisins or sultanas
- A sprinkle of pumpkin seeds.

Lunch

Avocado and Mango Salad

For The Salad

Make a salad with green leaves, thinly sliced broccoli, big chunks of about a mango, 3-4 sliced dates, half a chopped, ripe avocado, and half a can of cannelloni beans.

Dress with lemon juice, cider vinegar, balsamic vinegar and salt and pepper.



Dinner

Serves 2

Vegetable, Edamame, and Rice Stir Fry

Make enough for tomorrow's lunch

For the Stir Fry

- 1 x packet of mixed grains or wholegrain rice
- 2 x handfuls of frozen edamame beans
- 1 x handful of frozen peas
- 1 x small tin of sweetcorn
- 2 x courgettes chopped into cubes
- 1 x red bell pepper
- 1 x medium onion
- Head of broccoli cut into florets
- 3-4 spring onions to garnish
- Tamari or soy sauce
- Pepper
- 1/4 tsp cumin powder
- 1 x tsp paprika
- Shake of chilli flakes to taste
- 1/2 tsp dried garlic powder

Method

1. Dry fry onion in a non-stick pan with a good splash of tamari or soy sauce, plus a little water or coconut oil until tender.
2. Add all the rest of the ingredients and cook until tender. Don't overcook; add the broccoli a few minutes later.
3. Add more water or oil if you need to so it's not too dry.
4. Serve with more tamari/soy, and thinly sliced spring onions.



Breakfast

High Protein Granola

Served with nut milk and 1 small sliced banana

Lunch

Spilt Pea Soup

Dinner

Chocolate Chilli and Baked Potato

Avocado Chunks, Spring Onion, Squeeze of Lemon Juice, Side Salad.

Method

1. Bake 1 medium to large white or sweet potato in the oven until tender and top with leftover chilli from 2 nights ago (it will be even tastier now after all the flavours have marinated).
2. It is best to reheat your chilli in the oven, covered with tin foil. You may need to add a dash more water.
3. Top with chopped avocado, chopped green bell peppers and spring onions. Add a drizzle of lemon juice.
4. Serve with a big green salad.

Breakfast

Green Power Smoothie

For The Smoothie

- 1 x ripe banana
- 1-2 pitted dates,
- 1 dessert spoon of shelled hemp seeds/chia seeds, optional)
- 1/2 an avocado
- Large handful of spinach
- Plant milk or water to desired consistency

Method

1. Put all ingredients in blender and whizz until very creamy and smooth. The thicker you make it the more it will fill you up!



Lunch

Toasted Peanut Butter Sandwiches

Also tastes good with Marmite or yeast extract (optional).

For The Toasties

- 2 x slices of granary or sourdough bread
- Peanut butter
- Yeast extract or sugar-free jam

Method

1. Toast your sourdough or granary bread, leave to cool, spread with peanut butter and yeast extract and wrap up for work. Piece of fruit and a couple of squares of dark chocolate.



Dinner

Makes 4 Patties

Chickpea Burgers, Skin on Chunky Chips & Slaw

For The Burgers

- 1 x 400g can of chickpeas (400g)
- 1 x 340g can of sweetcorn
- 1tsp ground coriander
- 1tsp of paprika
- 1/2 tsp cumin
- Good pinch of salt and pepper
- Handful of fresh coriander
- 3-4 tablespoons of buckwheat flour to bind
- Coconut oil (optional)
- 1 x whole lemon, juice and rind
- Enough potatoes for however many people you are cooking for (fist size portion)

For The Slaw

- 1 x large onion
- 1 x bulb of fennel
- 1/2 white cabbage
- 2 x carrots
- 1 Apple
- 1 tsp of fennel seeds
- Apple cider vinegar

Method

1. Heat oven to 180C (350F).
2. Add your drained chickpeas, sweetcorn, coriander (fresh and dried), paprika, cumin, salt, pepper, finely grated lemon rind and flour to a food processor and mix. Don't mix it to a pulp as you want it to have texture, so leave lumps.
3. Mould 4 patties on a floured surface.
4. Cook your chunky chips with skins still on by boiling until almost cooked. Add a tiny bit of coconut oil to oven trays (optional) and heat. Add your chunky potatoes, a pinch of salt, and bake until golden (if you wish to make spicy wedges then feel free to add paprika and garlic too).
5. Meanwhile, cook your patties in a smear of coconut oil (again optional) in a non-stick frying pan until golden brown.
6. Serve with a slaw made from very thinly sliced apple, fennel, cabbage, onion, grated carrot, fennel seeds, salt, pepper, dressed in a drizzle of apple cider vinegar and the juice from your lemon.

Breakfast

Nut Butter & Apple Cinnamon Toast

For The Toastie

- 2 slices of granary
- 1 x large piece of sourdough or whatever bread you like
- 1.5 tbsp of peanut butter
- 1 x sliced apple
- A sprinkle of cinnamon

Method

1. Toast bread and top with peanut butter, sliced apple and sprinkle of cinnamon.



Lunch

Roasted Sweet Potato and Tahini

For The Sweet Pot

- Medium sized sweet potato
- 1 x tbsp of tahini
- Nutritional yeast
- Salt and pepper to taste

Method

1. Bake your potato in a medium heat oven until tender, or if you're pushed for time cook in your microwave.
2. Cut in half and drizzle with your tahini, then top with nutritional yeast flakes, salt and pepper to taste.



Dinner

Hearty Vegetable Miso Soup

Low-fat, low-calorie, nutritious and filling, plant based at its finest.

For The Soup

Basically, use any veggie you like, but the best blend for this type of thing is sliced cauliflower, carrots, edamame beans (you can buy pre-podded frozen ones), buckwheat or brown rice noodles, red miso paste, a couple of cloves of crushed garlic, flaked chillies, coriander, sliced spring onion and beansprouts.

Method

1. Cook noodles separately according to packet instructions.
2. In the meantime add 1 tablespoon of miso paste to about 3/4 pint of boiling water.
3. Add chopped veggies, boil for a couple of minutes. Last minute add your chilli, crushed garlic and coriander.
4. Serve topped with raw beansprouts, sliced spring onion and a dash of tamari or soy sauce.

Breakfast

Buckwheat Pancakes

For The Pancakes

- 1/2 cup of oat flour
- 1/2 cup of buckwheat flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 cup of oat milk
- 1 banana
- 1 tbsp almond butter
- 1 tbsp maple syrup (optional)

Method

1. Mix all your dry ingredients in a separate bowl.
2. Place the rest of your ingredients in a blender and blend until smooth.
3. Combine both wet and dry ingredients in a bowl and stir with a spoon.
4. Place 1/4 of a cup of your batter mix into pre-heated a non-stick skillet (or lightly greased skillet or frying pan) and cook for about 2 minutes each side on a medium heat.
5. Serve with coconut yoghurt, fresh fruit, or no added sugar jam. You may also like to try the British way of lemon juice and sugar (use a little xylitol).

Lunch

Serves 4

Easy Nut Roast

Served with Roast Potatoes, Fresh Vegetables and Oil-Free Gravy (optional)

For The Nut Roast

- 2 $\frac{3}{4}$ cups red or green lentils, cooked (you can use a tin for ease if you like)
- 1 x cup of chopped mixed nuts
- 1 finely chopped onion
- 2 cloves crushed garlic
- $\frac{1}{3}$ rd cup unsulphured, dried apricots roughly chopped
- $\frac{1}{2}$ cup of pumpkin and sunflower seeds
- 1x grated carrot
- 1 $\frac{1}{2}$ tsp dried mixed herbs
- 1 tsp tamari sauce
- 1 tsp turmeric powder
- Salt and pepper to taste



Method

1. Preheat your oven to 180C (350F).
2. Add a spray of coconut or olive oil to a large frying pan and fry your onions gently for a few minutes (you can do this oil free if you like by frying in a little water).
3. Add in the rest of your ingredients, apart from the salt and pepper
4. Fry over for another couple of minutes, add your either pre-cooked or canned drained lentils, stir, and season to taste.
5. Line your loaf tin (about 20cm x 10cm) with non-stick baking paper and spoon in the mixture, making sure to press down well.
6. Bake for 50 minutes, remove and cool slightly before gently removing from tin. Cut into chunky slices.
7. Serve with your crispy roast potatoes, onion gravy (optional) and steamed veggies of your choice.
8. You can store this meat loaf for up to 3 days in your refrigerator, OR up to 3 months in the freezer.

For The Gravy

- 1/4 of a cup of whole wheat flout
- 2 x tablespoons of nutritional yeast
- 1/2 teaspoon of onion or garlic powder
- 2 x cups of vegetable bouillon or stock
- 2 x tablespoons of tamari
- 2 x tablespoons of water

Method

1. Add dry ingredients to a hot saucepan and toast of slightly for about 30 seconds.
2. Whisk in wet ingredients, slowly adding a bit at a time to stop it from clumping.

Dinner

Vegan Cheese and Onion on Toast

My favourite brand of melty cheese is the Koko coconut cheese

For The Cheese On Toast

- 2 x slices of whole wheat or sourdough bread
- 40g of grated cheese
- 1/4 finely sliced onion
- Mustard or tamari sauce to taste

Method

1. Toast under a hot grill your wholemeal toast or sourdough on one side
2. Add your grated cheese and very finely chopped onion mix to the untoasted side of bread.
3. Grill until melting and bubbling.
4. You can add a little mustard or tamari sauce before putting under the grill for extra taste if you like.

OR, if you want oil free then toasted sourdough spread with tahini/nut butter and whole fruit jam is just as delicious.



Week Two

Shopping List

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DRIED GRAINS – Buckwheat or chickpea pasta, granary or sourdough bread, quinoa, oats, brown rice, green lentils, buckwheat or soba noodles.

DRIED SPICES – Cayenne pepper, smoked paprika, nutmeg, baking powder. .

NUTS AND SEEDS – Toasted coconut flakes, pistachio nuts, walnuts, sesame seeds, chia seeds.

CANNED GOODS – 1 x black beans, 2 x chick peas, 1 x green lentils, 3 x chopped tomatoes, 1 x peaches in juice, 1 x mixed beans in water.

FRESH VEGETABLES – 1 x red, yellow and green bell pepper, 2 x heads of broccoli, 3 x white onion, 2 x red onion, 1 x cucumber, 8 x carrots, small red cabbage, celery, 3-4 medium white potatoes, bulb of fennel, small butternut squash, small bag of rocket (not needed until day 6), small bag of spinach, 8-10 portobello mushrooms (not needed until day 7), spring onions, 1 x avocado, fresh coriander, 2 x bulbs of garlic, fresh parsley (not needed until day 6)

FROZEN PRODUCE – Bag of podded edamame or broad beans, green peas, blueberries.

FRESH HERBS – Coriander, 2 x fresh garlic, parsley, fresh basil.

FRUIT – Bunch of ripe bananas, 2 x mangoes, 3 x limes, 2 x apples, 2 x lemons, 1 x lg Bramley apple, fruit of your choice for snacking, fresh or frozen berries of choice.

MISCELLANEOUS – Dark chocolate, vegan cheese/parmesan, sugar-free plant milk, block of firm tofu (not silken), coconut yoghurt (optional), hummus, tobacco sauce. sweet potato/corn/lentil or whole wheat tortilla wraps (freeze what you don't use), flaxmeal, coconut sugar, buckwheat flour, block of plain tofu, toasted coconut flakes, tomato puree, miso paste (or sachet), balsamic vinegar, maple syrup, cornflour, peanut butter. You may wish to purchase a low-cal oil spray for cooking.

THINGS TO PREP

BANANA BREAD RECIPE

For The Banana Bread

- 2 x tablespoons of ground flax mixed with 5 x tablespoons of water. Mix the two together to make a flax egg. Leave to stand for at least 10 minutes until it goes gloopy (like an egg)
- 2 x large or 3 x small very ripe mashed bananas (the riper the banana the better, as it will add more sweetness and a stronger banana taste to the cake)
- 2/3 of a cup of coconut sugar (or alternatively for a lower sugar version of 1/2 a cup of coconut sugar and a couple of teaspoons of xylitol sweetener)
- 1/2 a cup of apple sauce (you can make this easily by stewing chopped up Bramley apples in a little water for a couple of minutes in a saucepan. Then simply mash to a pulp. You will probably need roughly half a medium apple to make 1/2 of a cup of sauce). Freeze any left over sauce for next week
- 1 x cup of buckwheat flour
- 1 x cup of whole wheat flour
- 1/4 of a cup of nut milk, any kind
- 1 x tsp of baking powder
- 1/2 tsp salt
- Spices of your choice; either 1/2 teaspoon of nutmeg, 1 teaspoon of cinnamon, or 1 teaspoon of mixed spice, OR a mix of all of them
- Other added ingredients of your choice (see list above), but for the sake of this recipe we will be using 50 grams of chopped up dark chocolate and 1/2 cup of chopped walnuts as a topping.

Method

1. Heat oven to 350 F or 180 C (350F).
2. Prepare your flax egg in a small bowl and leave aside whilst you prepare the rest of your ingredients.
3. In a bigger bowl, mash your bananas well and mix with your pre-prepared apple sauce.
4. Add your sugar, milk substitute, flax egg and mix well.
5. Add your flours, baking powder, dark chocolate chips/chunks, salt and spices of your choice and mix gently to combine. DO NOT over mix, you want to keep some air in there!
6. Add the mix to your prepared loaf tin (or cake tin if you would like a round cake). I always use a tin, either lined in tin foil or parchment paper to prevent sticking (parchment paper is your best option and should ideally be greased slightly so it comes away from the bread easily after cooking). This is especially important with fat free bakes as there will be no oils helping to prevent sticking.
7. Scatter your chopped up walnuts over the top, and press in slightly with a spoon so they don't instantly fall off once your loaf is cooked.

8. Place in your pre-heated oven and cook for roughly 50-60 minutes, depending on the size of the tin you have used. If it is a pretty small, deep tin then the loaf may take longer to cook, but your average bread tin will be about 50 minutes. Prick deeply with a sharp knife or cocktail stick to check if it's done, but only do this towards the end of your cooking time as you don't want to lose all your hard earned rise. The knife/cocktail stick should come out clean.
9. Take out of tin and leave to cool slightly on a wire rack before attempting to remove you tin foil or parchment paper, otherwise you will get burned fingers Either eat warm or leave to cool. Slice only when needed and enjoy with a cuppa!
10. Store wrapped in tin foil in an airtight container (I like to store mine in the fridge as I love it cold).



Breakfast

Slice of your homemade banana bread,

With some fresh fruit of your choice (make sure it is not concentrated and is made from the whole fruit).

Lunch

Serves 2

Black Bean & Brown Rice Salad

You can make this the night before to take to work, but you may want to leave the dressing ingredients (vinegar, cumin, lime juice) separate until serving.

For The Salad

- 1 x 400g can of drained black beans
- 1 x ripe chopped mango
- 1 x tbsp of apple cider vinegar
- 1 x small green bell pepper, chopped into cubes
- Big handful of coriander (cilantro)
- 1 x tsp cumin
- Juice of 1 x lime
- 1/2 tsp cayenne pepper (optional)
- Salt and pepper taste

Method

1. Mix all ingredients gently together in a bowl and serve on 1 x cup of brown/wild rice. This is a cold dish.

Dinner

Serves 2

Broccoli & Chickpea Stir-Fry with Brown Rice

For The Stir Fry

- 1 x tbsp of oil
- 1 onion diced
- 5 x garlic cloves minced
- 1 x heaped tbsp of fresh ginger minced
- 1 x tsp of onion powder
- 1 x tsp paprika
- 1/2 x tsp of smoked paprika
- Black pepper & sea salt to taste
- Pinch of cayenne pepper
- 1 x medium head of broccoli cut into small florets (450 g)
- 1/3 of cup of vegetable broth (80 ml)
- 1 x 400g can of chickpeas rinsed and drained
- Cooked brown rice for serving

For The Sauce

- 3 x tsp of soy/tamari sauce
- 1/2 cup of water (120 ml)
- 2 x tbsp rice vinegar or balsamic vinegar
- 2 x tbsp of maple syrup or any other sweetener
- 1 x tbsp of cornstarch

Method

1. Heat oil in a pan over medium heat. Add onion, ginger, garlic, and all spices. Sauté for 3-4 minutes.
2. Add broccoli florets and vegetable broth. Fry until the broccoli is tender but not soft, about 10 minutes.
3. Meanwhile, prepare the sauce: In a medium bowl, combine water, soy sauce, vinegar, maple syrup, and corn starch. Whisk.
4. Pour the sauce in the pan and add chickpeas.
5. Bring to a boil until the sauce simmers. Fry for a further few minutes
6. Taste and adjust seasonings. Add more salt/pepper/cayenne pepper if needed.
7. Serve with your pre-cooked brown rice. Enjoy!



Breakfast

Chocolate Peanut Butter Shake

For The Shake

- 1 x frozen, sliced banana
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk

Method

1. Blast in your high power blender for about 20 seconds until frothy. Drink immediately.



Lunch

Serves 4

Coconut, Quinoa and Mango Salad

Make enough for tomorrow's lunch

For The Salad

- 1 x cup of dried white quinoa cooked as per packet instructions (usually in 2 cups of water)
- 1/2 finely sliced red onion
- 3 x cups of diced cucumber
- 1 x ripe mango cut into small chunks
- 1 x large grated carrot
- 1.5 cups of finely sliced red/purple cabbage
- 2 x cups of defrosted edamame beans
- 1/2 cup of toasted coconut flakes
- 1/4 cup of roughly chopped pistachios
- 1/4 cup of finely chopped parsley
- Handful of finely chopped fresh basil
- Salt and pepper to taste

For The Sauce

- 2 x tbsp of tahini paste
- Juice of 1 lime
- 2 x tablespoons of apple cider vinegar
- 1/2 cup of water

Method

1. Mix all of the salad ingredients together in a large bowl.
2. Whizz up the dressing ingredients in your blender.
3. Mix dressing into your salad last minute. DO NOT dress the salad that you will be saving in an airtight container for tomorrow's lunch. You need to leave them both separate and dress again before serving.

Dinner

Serves 4

Lentil Spag Bol

Make enough for day 4 lunch

For The Lentil Bol

- 1 x 400g tin of green lentils
- 1 x medium sized chopped onion
- 1 x finely diced large carrot
- 2 x finely chopped sticks of celery
- 4-5 cloves of crushed garlic
- 2 x 400g tins of chopped tomatoes
- 1 x teaspoon each of paprika, oregano, thyme and basil (or fresh)
- Chilli flakes (optional)
- Vegetable stock cube or bouillon powder
- 1/2 cup of finely chopped walnuts
- Salt and pepper to taste
- Chickpea, lentil or buckwheat pasta to serve. Green salad.
- Vegan cheese (optional)

Method

1. Fry your chopped onion, carrot and celery sticks until soft.
2. Add your oregano, basil, thyme, paprika, chilli flakes (optional), and fresh garlic. Fry for 1 more minute.
3. Add 2 x tins of chopped tomatoes, a vegetable stock cube or 1 x tsp of bouillon powder, 1 x tin of green lentils and half a cup of toasted and finely chopped walnuts (don't skip this part as it's the piece de resistance when it comes to texture).
4. Bring to simmer and reduce for 10 minutes. Add some hot water if required!
5. Serve with pasta and vegan cheese (optional), and a big green salad.



Breakfast

French Toast

For The Toast

- 2 x slices of wholemeal bread
- 1 x dessert spoon of ground flax
- 1/4 tsp vanilla essence
- Pinch of salt
- 1/4 cup of nut milk
- Pinch of cinnamon or nutmeg.

Method

1. Combine all the ingredients (apart from the bread) in a bowl big enough to soak your bread in.
2. Soak your bread on both side with the mixture.
3. Cook on a medium heat in a non-stick frying pan until golden both sides, turning once.
4. Serve with blueberry sauce made by microwaving a large handful of frozen blueberries for about 90 seconds on full power, or until bubbling. Finish with grated lemon zest and an optional drizzle of maple syrup.

Lunch

Leftover Coconut, Quinoa and Mango Salad

Dinner

Serves 4

Red Lentil Fritters with Cabbage, Fennel and Apple Slaw

For The Fritters

- 3/4 of a cup of dry red lentils
- 2-3 crushed garlic cloves
- 1 small red onion, finely chopped
- 2 x medium potatoes
- 1 x carrot
- 1 x tsp of rosemary
- 1 x tsp of paprika
- 1/2 tsp of smoked paprika (use hot if you want some spice)
- 5 x tbsp of wholemeal flour
- A spray of coconut oil for frying (or oven cook for oil-free)
- Salt and pepper to taste



Method

1. Boil your red lentils until cooked properly.
2. Grate your peeled carrots and potatoes. (You can leave the skins on your washed potatoes for more fibre).
3. Combine ALL your ingredients, including the red lentils in a large bowl.
4. Heat your pan with the oil and add about 1.5 tablespoons per fritter. Flatten out slightly and fry for 3 to 4 minutes each side until crispy. Or cook on a baking tray in a medium heat oven for about 20 minutes. Be sure to turn over half way through to get even crispiness.
5. Serve with your pre-prepared cabbage, fennel and apple slaw.

For The Slaw

1. Finely slice (a food processor does this really well) half a red or white cabbage, a bulb of fennel, 1/2 an onion and 1 x crunchy apple.
2. Mix in a bowl with 2 x tbsp of apple cider vinegar, 1/2-1 lemon juice, 2 x tsp of fennel seeds (optional), salt and pepper to taste. (This salad stays delicious for up to 24 hours in an air-tight container).

Breakfast

Slice of Banana Bread & Fresh Fruit.

Lunch

Lentil bolognese, 1 serving of pasta or jacket potato (fist size)

Dinner

Buckwheat Pasta with Roasted Butternut Squash, Broccoli, Peas and Homemade Parmesan

(Make enough for tomorrow's lunch).

For The Pasta

- 200-250g buckwheat, lentil, chickpea or spelt pasta (dry weight).
Or, 3 servings
- 1 x head of broccoli
- 1 x medium butternut squash
- 1 x cup of frozen peas
- 1 x teaspoon of smoked paprika
- Chilli flakes
- Balsamic vinegar
- Olive oil (optional)
- Salt and pepper
- 2 x tbsp of nutritional yeast

Method

1. Chop butternut squash into bite size chunks, drizzle with balsamic vinegar and olive oil if using, plus paprika, chilli flakes, salt, pepper, and a sprinkle of dried garlic to taste. Roast in a medium oven until fully cooked.
2. Meanwhile, cook your pasta as per packet instructions.
3. Chop broccoli into florets and steam along with your peas until al dente.
4. Make your parmesan by blitzing in a blender (but ideally a coffee grinder), your nutritional yeast, garlic powder, sesame seeds and a pinch of salt and pepper (go easy on the salt, taste it first).
5. Toss all your ingredients (apart from the parmesan) together with a tiny drizzle of extra virgin olive oil (optional) and serve sprinkled with your vegan parmesan cheese.



Breakfast

Overnight Oats

Make this the night before!

For The Oats

- 1/2 cup of jumbo rolled oats
- 1 x tablespoon of chia seeds
- 1 x mashed, ripe banana
- 1 1/4 cup of sugar free plant milk (coconut is one of the tastiest)
- Cinnamon or other spices to taste (I love turmeric)
- Tinned peaches in juice.

Method

1. Add all your ingredients (apart from you peaches) to a mason jar or something similar that you can eat out of in the morning.
2. Store covered in the fridge overnight to soften.
3. Add your tinned peaches on top in the morning.

Lunch

Last Night's Buckwheat Pasta and Vegetables

Dinner

Serves 4

Caribbean Tofu with Coconut Quinoa

For The Tofu

- 800 grams of firm block tofu cut into 2cm approx cubes
- A little olive or coconut oil for cooking (optional)
- Marinade Ingredients: 2 tsp ground coriander, 1tsp of all-spice, 1 tsp turmeric, 1 tsp of chilli flakes (or to taste), juice of 1 lemons and 1 lime, ground black pepper
- 200 grams of white quinoa (make sure you either soak if first or rinse it really well in cold water)
- Handful of coconut flakes



Method

1. Mix all your marinade ingredients together in a bowl until smooth.
2. Add your tofu and coat thoroughly, stirring gently so you don't break up your tofu.
3. Cook your quinoa as per packet instructions.
4. A few minutes before the end of cooking time add your coconut. If everything begins to stick, just add more hot water a little at a time until your quinoa is tender. You DO NOT want to drain quinoa; the aim is to get it just right by adding more hot water slowly at the end.
5. Five minutes before the end of the quinoa cooking time you can begin to fry your tofu in a non-stick pan. If you are not using oil then you will need a very good non-stick pan or it will stick. Make sure you cook until lightly browned on all sides. If your quinoa has cooked in the meantime then remove it from the heat and cover to keep warm.
6. Serve your tofu on top of your quinoa.
7. Add some steamed side veggies if you need some greens with this.

Breakfast

Homemade Granola with Coconut Yoghurt Or Plant Milk,

Plus fresh or frozen mixed berries.

Lunch

Classic Hummus, Carrot & Rocket Sarnie

Method

Sandwich of 2 slices of thick wholemeal, or sourdough OR corn/sweet potato/whole wheat or lentil tortilla wrap, large tablespoon of hummus, a grated carrot, big handful of rocket, and salt and pepper to taste.

Dinner

Brown Rice Jambalaya

For The Jambalaya

- 1 x diced medium onion
- 1/2 green, 1/2 red and 1/2 yellow pepper diced
- 2 x stalks of celery sliced
- 4-5 cloves of minced garlic
- 1 x 400g can of chopped tomatoes
- 1 x litre of vegetable stock



- Spices – 1 x tsp each of dried or fresh oregano, thyme and basil (more if it's fresh basil)
- 1/2 tsp each of smoked paprika and cayenne pepper
- Cracked black pepper and salt to taste
- 2 x bay leaves (optional)
- 2 x tbsp tamari sauce
- 2 x tbsp of tobacco sauce, or to taste
- 1 x 400g can of chickpeas
- 1 x 400g can of mixed beans (or whatever beans you prefer)
- A couple of sliced spring onions
- 2 x cups of uncooked brown rice
- Fresh, chopped parsley to finish

Method

1. Heat a large pan (or frying pan) over a medium to high heat and add a tablespoon of coconut oil, or a splash of water for oil free.
2. Add your onion and garlic and cook on a medium heat for 5 minutes, or until soft.
3. Add celery, peppers and more water to keep things from sticking and to help with cooking. Sauté for 3-4 minutes.
4. Add your chopped tomatoes, brown rice, spices, stock, tamari and tobacco, bring to the boil, reduce heat to very low and cover.
5. Simmer for 30-40 minutes until the rice is cooked and the liquid absorbed. You will need to keep checking on it and stirring to stop it sticking, especially near the end when it's almost done.
6. When your rice is cooked, stir in your beans and add some salt to taste if you need it.
7. Heat through for a couple of minutes and serve with optional sliced spring onions.

Breakfast

Avocado and Spinach Smoothie

Method

Whizz in a blender, 1/2 a ripe avocado, 1 x ripe banana, a handful of spinach and oat milk to desired consistency.

Sunday Lunch

Rich and Tasty Vegetable Stew

For The Stew

- 1 x large chunkily chopped onion
- 4 x cloves of minced garlic, or to taste
- 1/2 a tablespoon of dried or fresh thyme
- 1 tsp of brown/coconut sugar or xylitol
- 8-10 portobello mushrooms, washed and sliced
- 2 x tbsp of tomato puree or paste
- 3 x carrots cut into bite size cubes
- 1 x cup of brown or green lentils
- 1 x cup of butternut squash cut into bite size cubes
- 1 x tablespoon of mushroom sauce
- 2 cups of vegetable stock
- 1/4 of a cup of balsamic vinegar
- Salt and pepper to taste

Method

1. Add a touch of oil to a large casserole dish or heavy bottomed non-stick pan then add your onions, thyme, salt and pepper and cook until softened on a medium heat.
2. Add your garlic and mushroom and cook out for a further 5 minutes or until lightly browned (do not burn, keep the heat down).
3. Pour in a quarter a cup of your stock, balsamic vinegar and tomato puree and bring to a simmer.
4. Add your lentils, squash, carrots and the rest of your stock and bring to a simmer.
5. Leave on the simmer, stirring occasionally for 30 minutes, or until lentils and veggies are soft.
6. In the meantime cook and mash your potatoes and serve with a big helping of steamed greens.

Dinner

Miso Soup with Noodles and Veggies

For The Soup

- Miso paste
- Chopped vegetables of choice
- Buckwheat or brown rice noodles
- Spring onions

Method

1. Use 1 x tablespoon of miso paste to make a soup with chopped veggies of choice and buckwheat or brown rice noodles. Remember to cook your noodles first, and keep veggies al dente.
2. Top with chopped spring onion.



Week Three

55



Week Three

Shopping List

56

DRIED GRAINS AND PULSES – Sourdough or granary bread, quinoa, oats, brown rice, pumpernickel bread, pumpkin seeds.

DRIED SPICES – Arrowroot OR cornflour, curry powder (choose whichever heat is to your taste), all-spice, nutmeg, oregano, cardamom pods, cardamom leaf, juniper berries, bay leaves.

NUTS AND SEEDS - Small packet of raw cashew nuts, pumpkin seeds.

CANNED GOODS – 2 x black beans, 5x cans chickpeas, 5 x chopped tomatoes, 1 x fat-free refried beans, 2 x cannelloni beans.

FRESH VEGETABLES – 2 x tomatoes, 2 x each of green and red bell peppers, 2x broccoli (not needed until day 7), 1 x cucumber, 1 x bag of baby spinach, 6 carrots, celery, 1 x beetroot, 1 x parsnip, 1 x red onion, 1 x swede (OR turnip or small butternut squash), a few mushrooms (not needed until day 6), 1 x small white cabbage, beansprouts (not needed until day 6), spring onions (not needed until day 6), 3 x white onions, 3 x medium white potatoes, fresh coriander, 2 x bulbs of garlic, rocket, small piece of fresh ginger, 3 x sweet potatoes, lettuce

FRESH FRUIT – 1 x Bramley apple (or use leftover frozen apple sauce if you have it), 2 x avocado, 1 x lemon, bananas, 1 x mango, blueberries, 1x lime other fruits of your choice for snacks.

MISCELLANEOUS - Cacao powder, coconut sugar, hummus, whole wheat or corn tortillas (freeze what you don't use), tomato salsa (optional for your Mexican wraps), packet of vegan sausages, Vanilla essence, plant milk, soba noodles.

Things To Prep

FAT FREE CHOCOLATE MUFFINS

For The Muffins

- 1 x 400g can of pre-cooked black beans
- 3/4 cup of cacao powder
- 1/2 heaped cup of coconut sugar
- 2 x tablespoons of unsweetened apple sauce (make your own by cooking down 1 x chopped Bramley apple with a little water, mash and freeze what you don't use)
- 1 x small, ripe banana
- 2 x heaped tablespoons of ground flax meal
- 6 x tbsp of water
- 1.5 tsp of baking powder
- 1/4tsp of fine salt
- 1 x tsp of arrowroot or cornflour
- 1 x tsp of vanilla essence

Method

1. Pre-heat oven to 180C (350F)
2. In a food processor simply blend all ingredients until smooth. Make sure it's not too runny; you want a cake mix texture. If it is too runny then add a little more flax meal, but give it time to absorb moisture before you go overboard with it..
3. Spoon your mix into about 12 cupcake liners.
4. Bake for 30 minutes until tops are dry and cracking slightly.
5. Leave to cool. Store in an airtight container ready for the week.

Breakfast

2 x Chocolate Muffins, fresh fruit of choice

Lunch

Tomato and Avocado Toastie or Sandwich

Method

1. Either toast your bread both sides and add fillings, 1/2 a sliced avocado and sliced tomato whilst still hot, or use a Breville maker. Use vegan butter (optional), salt and pepper to taste.



Dinner

Serves 4-5

Chickpea and Potato Curry with Brown Rice

For The Curry

- 1-2 Tablespoons of coconut oil
- 2-3 cloves of garlic
- 1 x large onion
- 2 x 400g cans of chickpeas
- 500ml of vegetable bouillon
- 1.5 cups of white potato cubes (roughly 1/2 inch)
- 1 x 400g can of chopped tomatoes
- 1 x red bell or pointed pepper, chopped
- Salt and pepper to taste
- 2 x tbsp of mild, medium or hot curry powder depending on taste
- 1 x tsp of all-spice powder
- 1 x tsp of nutmeg
- 1 1/2 tsp of paprika (any kind)
- 2 x tsp of dried thyme
- 1 1/2 tsp of ground cumin
- Pinch of cayenne to taste
- Good crack of black pepper
- Enough brown rice for the amount of people you're serving

Method

1. Heat your oil in a large skillet or frying pan on a medium heat.
2. Add you chopped onion and garlic and cook slowly until translucent, adding splashes of hot water if needed to prevent sticking.
3. Add all your spices and cook in for a about a minute to activate the flavours. Be sure to stir continuously during this time so it doesn't stick too much.
4. Add your chopped potatoes and stir in to coat them in the spices. You will more than likely need to add a splash more of hot water if it starts to stick.
5. Add your chickpeas, tomatoes and veggie bouillon.
6. Simmer for 15 minutes, or until potatoes are cooked.
7. Add your chopped red pepper about 5 minutes before the end of cooking.
8. Season with salt if you think it needs it. Serve on a bed of brown rice.

Breakfast

Sourdough & Avo

For The Avo

1 X large slice of oil-free wholegrain sourdough bread toasted, topped with 1 teaspoon of tahini paste, 1/2 a smashed avocado, salt and pepper to taste. Piece of fruit of your choice.

Lunch

Loaded Salad

Method

1. Salad of chopped cantaloupe melon, an avocado, thinly sliced broccoli, handful of raisins, 1/2 cup of chickpeas, cucumber and lettuce. Dress with apple cider vinegar, lemon juice, balsamic, salt and pepper. Serve with pumpernickel bread

Dinner

Serves 4

Black Bean Soup with Crusty Bread and Avocado

Make enough for tomorrow's lunch

For The Soup

- 1 x large white onion diced
- 2 x medium sized diced carrots
- 1 x diced green bell pepper
- 1 x green or red hot pepper very finely sliced (or to taste)
- 3 x stalks of finely chopped celery
- 3-4 cloves of minced fresh garlic
- 2 tsp each of cumin, oregano and chilli powder, 1 tsp of paprika
- 3 – 4 cups of vegetable bouillon or broth to desired thickness
- 1 x 400g can of chopped tomatoes or passata sauce
- 1 x 400g can of drained black beans
- 1 x teaspoon of coconut oil (optional)
- Fresh coriander
- Salt and pepper to taste
- 1 x lemon or lime
- 1 x small, crusty roll per person
- 1/4 medium avocado per person

Method

1. Fry the carrot, pepper, onion, garlic and celery either in the oil or vegetable broth until softening.
2. Add all spices and cook in for a minute more to bring out the flavour.
3. Add your tomatoes, black beans and vegetable broth.
4. Bring to a simmer.
5. You can either eat this soup chunky as it is, or take half out and whizz it up in a blender then return to the soup.
6. Stir in the coriander before serving.
7. Serve topped with chopped avocado, extra sliced chilli (if desired), a squeeze of lemon juice and more coriander. Have your crusty bread for dipping.



Breakfast

Blueberry Beauty Porridge

For The Porridge

- 4 x heaped dessert spoons of porridge oats
- Sugar-free nut milk
- Fresh or frozen blueberries
- Half a ripe banana
- 1 x dessert spoon of pumpkin seeds

Method

1. Make your porridge from 4 x heaped dessert spoons of porridge oats and nut milk to desired consistency.
2. Add a large handful of fresh or frozen blueberries, half a pre-mashed ripe banana and top with raw pumpkin seeds.

Lunch

**Portion of Black Bean Soup
and 1 x healthy chocolate muffin.**



Dinner

Serves 2

Roasted vegetables with quinoa and pumpkin seeds

Make enough veggies for tomorrows lunch

For The Veg

- Mixed veg of choice (beetroot, parsnip, red and white onions, swede, turnip, carrots, butternut squash, bell peppers). You want enough to fill a large roasting pan
- Head of broccoli cut into florets
- Whole bulb of garlic
- Mixed herbs and spices of choice (rosemary, thyme, paprika, salt and pepper are a good combo)
- Balsamic vinegar
- 1/2 cup of vegetable stock
- 1 x tablespoon of coconut oil (optional)
- Handful of pumpkin seeds
- 1 x cup of dried quinoa



Method

1. Heat oven to 180 C (or medium oven).
2. Chop all your veggies into about 1 inch cube sizes.
3. De-clove your garlic bulb and crush each individual clove under a heavy knife (there is no need to peel).
4. Heat oil in the oven pan then add all your veggies (including garlic) apart from peppers and broccoli (these don't take as long to cook). If not using oil then just add stock. Cover your veggies in a good mix of your herbs, spices and a generous splash of balsamic vinegar. Make sure everything is well coated.
5. Bake for roughly 40-60 minutes, turning occasionally and adjusting spices if you need to. You may need to add your stock to stop things getting too dry. Don't forget to add your peppers and broccoli half way through!
6. In the meantime, cook your quinoa as per packet instructions. I like to cook with a teaspoon of vegetable bouillon for extra flavour.
7. Serve your roasted veggies on a bed of quinoa and topped with pumpkin seeds.

Breakfast

Sourdough, Banana and Nut Butter

Method

Toast 1 x thick slice of sourdough or granary bread and top with 1 x large tbsp of peanut butter and 1 x sliced banana.

Lunch

Roasted Veggie and Hummus Wrap

Method

Make a tortilla wrap from last night's left over vegetables, 1 x tablespoon of hummus and lots of rocket. You can use either bread of your choice or a wrap.



Dinner

Serves 4

Chana Masala and Red Pepper

Make enough for tomorrow's lunch

Method

- 1 x white onion
- 2 x 400g cans of chickpeas, drained
- 1 x 400g can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1 x inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 x crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chilli pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and chopped mango for serving



Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chilli pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using.
7. Serve with brown rice and chopped mango.

Week Three

Day Five

70

Breakfast

2 x Chocolate Muffins and a Piece of Fruit

Lunch

Chana Masala and Rice

Dinner

Serves 6

Burritos and Sweet Potato Fries

Make enough burritos for tomorrow's lunch

For The Burritos

- 6 x warm tortillas of your choice
- 2 x cans of fat free refried beans
- Salsa to taste
- A little olive oil
- Sliced red bell pepper
- 2 x cups of brown rice or Quinoa
- Guacamole or chopped avocado for serving
- 3 x sweet potatoes
- Coconut oil

Method

1. Pre-heat your oven to 190C (375F) and add a pan with 1-2 teaspoons of coconut oil.
2. Wash your sweet potatoes thoroughly and slice into thin fries leaving the skins on for extra fibre and chewiness (about 1cm thick).
3. Add to your hot oil with seasoning and place in oven on middle shelf.
4. Warm your refried beans in a pan just to soften and make them easier to work with.
5. Place your tortillas on a work surface. Spoon your beans into a 'log' just of the centre. Top with your rice or quinoa, salsa and sliced bell pepper. Do not add you avocado.
6. Starting from the edge closest to you, tightly wrap the tortilla over the filling to seal, tuck the sides in and continue rolling. If you find this hard to get right from it just being written down, then there are lots of videos on Youtube to help you out.
7. Place on a baking sheet, brush with oil and bake for 15 minutes until golden.
8. Serve with your sweet potato fries and avocado (you may wish to re-open the burrito to add your avocado).
9. Leave your spare burritos to cool, then wrap tightly in tin foil ready for lunch (again, you can add your avocado before you wrap).

Week Three

Day Six

72

Breakfast

Homemade Granola with Plant Milk, topped with chopped fresh fruit of choice.

Lunch

Burritos from last night's dinner

Dinner

Buckwheat and Cashew Stir-fry

Serves as many as you like depending on how many veggies you use



For The Stir-Fry

- Pre-cooked buckwheat or soba needles. Cook the amount of servings you need, then leave blanched in cold water so they don't stick together.
- Selection of fresh sliced vegetables including onions, peppers, courgette, carrot, mushrooms, broccoli, cabbage and beansprouts
- 2-3 cloves of crushed garlic
- Black pepper (you won't need to add salt to this dish as the tamari is very salty)
- Chilli flakes or fresh
- Ginger powder or fresh
- Tamari sauce
- Sliced spring onions (for topping)
- Small handful of chopped cashews per portion
- Tsp of coconut, peanut or sesame oil (optional). If you don't use oil then you will need some vegetable broth/water instead

Method

1. Heat in a large pan (or ideally a wok) your coconut oil or cooking liquid and a good splash of tamari sauce (don't let it burn).
2. Add all your veggies (except spring onions) and spices.
3. Flash fry for 3-5 minutes depending on how crunchy you like your vegetables (it works out better to only cook 1-2 portions at a time for more even cooking).
4. Mix in your noodles 1 minute before end of cooking time; add more tamari to taste.
5. Serve with your chopped cashew nuts and spring onions on top, plus another splash of tamari if you need it.

Breakfast

Chocolate Peanut Butter Shake

Sunday Lunch

Serves 4

Sausage and Bean Casserole

For The Casserole

- Packet of 6 vegan sausages of choice
- 2-3 x large onions cut into big chunks
- 3-4 carrots sliced thickly
- 2 x 400g cans of cannelloni beans
- 1.5 x cans of chopped tomatoes
- Fresh or dried herbs of thyme, rosemary, 15 juniper berries, bay leaf, pepper.
- 2-3 cloves of crushed garlic
- Good splash of mushroom ketchup or vegan Worcester sauce
- 1 x tsp paprika
- About 400ml of vegetable stock OR to desired consistency
- A tsp of olive or coconut oil (or stock/ water for oil-free)
- Green peas and broccoli for serving

Method

Make this in a casserole dish or slow cooker. If using a casserole dish then pre-heat oven to 170C (340F). Slow cooker will need 3-4 hours usually, but this will depend on your slow cooker.

1. Fry your sausages in a pan until brown on all sides.
2. Heat a large frying pan with your oil or water/stock.
3. Add you chopped onions and carrots and flash fry to slightly caramelise for 3-4 minutes along with any dried herbs.
4. Chop your sausages into 6 pieces each.
5. Transfer ALL ingredients to you cooking dish of choice, mix gently once, then leave to slow cook for 1 hour if using oven.
6. Serve with green peas and broccoli.

Dinner

Vegan Cheese, Avocado and Spinach Toastie

(use sliced tomato instead of cheese if you like).

Method

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot.

Week Four

76



Week Four Shopping List

77

DRIED GRAINS AND PULSES – Brown rice, oats, buckwheat or soba noodles, whole wheat flour, whole wheat, spelt, or buckwheat lasagne sheets, chickpea flour (otherwise known as gram flour), buckwheat flour, sourdough bread OR tortillas

DRIED HERBS AND SPICES – Cayenne pepper, smoked paprika, onion powder, ginger powder, wholegrain mustard, dijon mustard, onion powder

FRESH HERBS – 2 x bulbs of garlic, parsley

DRIED FRUITS – Medjool dates

NUTS AND SEEDS – Raw cashews, walnuts

CANNED GOODS – 2 x black beans, 1 x coconut milk (you can freeze what you don't use), 1 x chopped tomatoes.

VEGETABLES – 300g of waxy or new potatoes, 1 x bulb of fennel, a white cabbage, 1 x large turnip (if not 1 x parsnip or 1 x celeriac), 1kg white potatoes, 3 x onions, 2 x avocados, spring onions, 3 x red pepper, 1 x green pepper, 1 x small bag of baby spinach, 1 x small bag of salad leaves, 2 x large sweet potatoes, beansprouts (not needed until day 4), 1 x courgette, 2 x cauliflowers (one not needed until day 7), 1 x head of broccoli, 1 x small bag of rocket (not needed until day 5), 1 x kg bag of carrots, 1 x lg red onion, 3 x bulbs of garlic.

FRESH FRUITS – A couple of apples, bunch of ripe bananas, 3 x lemons, 1 x punnet of raspberries, fruits of choice for snacking.

MISCELLANEOUS – Oat milk, packet of vegan sausages, vegan cheddar cheese (optional), sugar-free peanut butter, almond butter, maple syrup, 1 x block of firm, plain tofu, tahini, plant based milk, hummus, frozen peas.

Things To Prep

Carrot Cake

For The Cake

- 1 x cup of pitted medjool dates
- 1 cup of rolled oats
- 2 x cups of grated carrot (normal grate, not fine grate)
- 2 x tsp baking powder
- 2 x tsp ground cinnamon
- 1.5 tsp ground ginger powder
- 1 x tsp ground nutmeg
- Pinch of ground cloves (optional)
- 1/4 tsp salt
- 1.5 cups of sugar-free plant milk
- 1 x medium ripe banana
- 1 x tsp vanilla extract
- 1/2 cup of chopped pecan or walnuts and more for topping

For The Frosting

- 2 x cups of raw cashew nuts (pre-soaked for 30-4minutes in warm water)
- 1/2 cup of coconut milk from the can
- 1/3 cup of maple syrup
- 1 x tsp vanilla extract



Method

1. Pre-heat your oven to 180C (350F) and pre-line a 9 inch baking tray with parchment paper or tin foil.
2. Make oat flour from your oats by whizzing them up in a high-speed blender until fine, then transfer to a large bowl, add all your other dried ingredients and mix.
3. Now add your dates, milk, banana and vanilla to the blender and blend until smooth.
4. Add to your dry mix along with your carrots and nuts and blend with a wooden spoon until combined, but don't over-mix.
5. Spread the mix in your baking tin and bake until golden 30-35 minutes, then transfer to a wire rack once cooled slightly.
6. Make your frosting by whizzing all the ingredients in your high-speed blender until as smooth as possible.
7. Frost your cake only after it is completely cool and top with extra nuts if you wish.
8. Chill in fridge then chop into 16 smaller snack sizes or 8-10 more substantial sizes for breakfasts.

Breakfast

Slice of carrot Cake

Lunch

Serves 6

Traditional Carrot, Potato and Turnip Soup with crusty bread

Save enough for Wednesday's lunch

For The Soup

- A drizzle of olive or coconut oil for frying (use stock or water if you are oil free)
- 1 x large onion chopped
- 1 x large turnip chopped into 1.5cm cubes (roughly). If you can't get hold of turnip then use parsnip or celeriac.
- 2-3 cloves of crushed garlic depending on taste
- 8 x medium carrots chopped into 1.5cm cubes (roughly)
- 4 x medium potatoes peeled and chopped into 1 inch cubes
- Good handful of fresh parsley, or couple tbsp of dried
- Roughly 3 pints of vegetable stock, you can add more at the end of you need it
- Salt and pepper to taste

Method

1. In a large non-stick saucepan sauté your onions and garlic until soft. To save you from using lots of oil, just keep adding splashes of hot water to prevent sticking. You don't want the onion to brown too much.
2. Add your other veggies and cook for a few minutes with a crack of salt and pepper (if using dried parsley add that too).
3. Add your pre-prepared stock, bring to the boil, then reduce to simmer for 35-40 minutes until your vegetables are tender.
4. Adjust seasoning to taste and add your fresh parsley if using.
5. Serve with your crusty bread and a scrape of vegan butter (optional).
6. When cool put remainder in a container and store in your refrigerator.



Dinner

Serves 2

Black Bean Stew

For The Stew

- 1 x 400g can of black beans
- 1 x 400g can of chopped tomatoes
- 1 x small, chopped onion
- 3 x cloves of crushed garlic
- A little oil for frying (or water)
- 1/2 tsp of cumin
- 1 x tsp of paprika
- Black pepper
- Pinch of cayenne or hot smoked paprika
- 1/4 cup of vegetable stock
- Brown rice
- 1/2 a ripe avocado
- Chopped red pepper for serving
- Brown rice for serving
- Lemon juice for serving

Method

1. Fry chopped onion in your oil or water until softened.
2. Add garlic and all spices and dry fry for a further minute.
3. Add black beans, tomatoes and stock and bring to simmer for about 10 minutes. You may need to add more fluid if it starts drying out (you want it the consistency of a chilli).
4. Serve on brown rice topped with chopped avocado, red pepper and a squeeze of lemon juice.

Breakfast

Overnight Oats

(Make this the night before!)

For The Oats

- 1/2 cup of jumbo rolled oats
- 1 x tablespoon of chia seeds
- 1 x mashed, ripe banana
- 1 cup of sugar free plant milk (coconut is one of the tastiest)
- Cinnamon or other spices to taste (I love turmeric)
- Fresh raspberries

Method

1. Add all your ingredients (apart from you peaches) to a mason jar or something similar that you can eat out of in the morning.
2. Store covered in the fridge overnight to soften.
3. Add your fresh raspberries on top in the morning.

Lunch

Serves 2

Healthy Curry Flavoured Super Noodles

For The Noodles

- 2 x vegan Ramen noodle bricks of your choice (buckwheat is higher in protein)
- 4-5 chopped spring onions
- Sliced onion or scallion
- 1/2 each of red and green bell pepper sliced into strips
- 1.5 tablespoons of corn starch or arrowroot mixed with 3 tablespoons of water. Mix to a paste first so it doesn't go lumpy.

For The Sauce

- 3/4 cup of water
- 2.5 tablespoons of tamari sauce
- Black pepper to taste
- 2 x tablespoons of maple syrup
- 2 x tablespoons of curry powder



Method

1. Mix all your sauce ingredients together and set aside.
2. Cook your noodles until they are a chewy texture, or to taste.
3. In the meantime, sauté your vegetables until tender in a little oil or water (leave some spring onion for topping too). Add your sauce and leave to simmer gently until bubbling.
4. Add your corn starch and bring back to simmer until it thickens.
5. Add your noodles and serve topped with spring onion.

Dinner

Serves 2

Sausage and Mash with Onion Gravy (optional)

For The Sausage & Mash

- Packet of 6 vegan sausages of your choice
- 3 x fist sized mashing potatoes
- Wholegrain mustard
- 1.5 x cups of frozen peas
- 2 x large carrots, chopped

Method

1. Cook your sausages as per packet instructions.
2. In the meantime, peel and boil or steam your potatoes, mash with a little wholegrain mustard.
3. Serve with your steamed carrots and peas, plus your optional onion gravy (recipe below).

For The Gravy

- 1/4 of a cup of whole wheat flour
- 2 x tablespoons of nutritional yeast
- 1/2 teaspoon of onion or garlic powder
- 2 x cups of vegetable bouillon or stock
- 2 x tablespoons of tamari
- 2 x tablespoons of water
- 1-2 large sliced white onions.

Method

1. Fry your sliced onions in a little oil and keep adding hot water as they cook so they don't dry out too much. Caramelize them at the end by letting the water evaporate.
2. Add dry ingredients to a saucepan and whisk in wet ingredients slowly, adding a bit at a time to stop it from clumping.
3. Once you have your gravy made, add your onions and serve.

Breakfast

Green Power Smoothie

For The Smoothie

1. Whizz up in a blender 1/2 an avocado, 1 x banana, handful of spinach or kale, plant milk to desired consistency

Lunch

Carrot, Turnip and Potato Soup with crusty bread or toast

Dinner

Serves 4

Sweet Potato, Spinach and Red Pepper Lasagne

Make enough for tomorrow's lunch



For The Lasagne

- About 8 sheets of lasagne (go for a spinach, spelt or wholegrain variety if possible)
- 2 x large red peppers
- Roughly 3-4 handfuls of spinach
- 2 x large sweet potato
- Plant based cheese for the top (optional)
- Large green salad

For the Cheese Sauce

If you don't wish to use cheese sauce then use a homemade oil-free passata instead made from 2 x tins of chopped tomatoes, fresh basil, 3 x cloves of crushed garlic, salt and pepper, and a squeeze of tomato paste reduced down in a saucepan

- 6 tablespoons of olive oil
- 5 tablespoons of general flour
- 4 cups of unsweetened soy milk (this seems to work better than other plant milks, but use whatever you prefer)
- 2 x tablespoons of Dijon mustard
- 2 x tsp of onion powder
- 2 x tsp of garlic powder
- 1/2 tsp of smoked paprika
- 1 tsp of salt
- A grind of black pepper

Method

1. Heat oven to 200C (392F)
2. Peel and chop your sweet potato into inch cubes and steam until tender. Mash with a fork.
3. In the meantime, de-seed and cut your red peppers into about 3 large pieces each and fry with a tiny bit of oil in a frying pan until charred. Make sure to flatten them as you cook.
4. Now start on your cheese/ passata sauce by adding your olive oil to a sauce pan and heating until hot. Add your flour and fry very quickly in the hot oil stirring vigorously with a fork. Add you milk and whisk hard and fast to get rid of any nasty lumps. Stir continuously until boiling then keep boiling and stirring until your sauce thickens up nicely. Remove from the heat and add all of your remaining sauce ingredients.
5. Now have all your ingredients ready to assemble into a medium sized lasagne dish.
6. Start by putting a thin layer of sauce on the bottom of the dish, then add 2 pasta sheets (more if you need), add another layer of cheese (you will need to split your cheese sauce into 4 after the very bottom layer is done), your mashed sweet potato (you're going to need 3 layers worth), 2 pieces of red pepper and handful of spinach. Layer with more lasagne sheets and repeat the whole process again twice. On you last layer of lasagne, cover with JUST cheese sauce.
7. Cover with tin foil and bake for about 30 minutes.
8. Take out of oven, add your optional cheese and bake for a further 10 minutes. If not using cheese you can still bake for the extra time uncovered for some crispiness.
9. Serve with a big green salad.

Breakfast

Portion of Carrot Cake

Lunch

A portion of last night's lasagne with an

Optional side salad

Dinner

Vegetable & Tofu Stir-Fry

For The Stir Fry

- Mix of sliced veggies (enough for however many you are cooking for) including bell peppers, onions, mushrooms, beansprouts, carrot, courgette, cauliflower and broccoli.
- 2-3 cloves of fresh, crushed garlic
- 1-2 tsp of ginger powder (or fresh)
- Chilli flakes to taste
- 2 x tbsp of tamari or soy sauce
- 1 x tbsp coconut or sesame oil (or broth if oil free)
- 100g of firm, plain tofu per person
- 1 x serving of buckwheat noodles per person

Method

1. Pre slice all veggies and have noodles cooked and ready to add.
2. Chop your tofu into 6 pieces per person and dry fry every side with a little tamari sauce and ginger powder until golden on all sides. You can either freeze any tofu you don't use, or cook it all up and eat the rest as a high protein snack (it will last up to 3 days in the fridge).
3. Heat a large wok with your oil and tamari (do not let tamari burn). Only cook up to 2 portions at a time for even cooking.
4. Add all ingredients apart from noodles and fry on highest heat for about 5 minutes, stirring continuously. Keep veg al dente.
5. Add more tamari if you need to, also a little hot water will help with cooking (don't use much).
6. Add your pre-cooked noodles at the end of cooking time and stir in evenly.
7. Serve with more tamari and top with your tofu.



Breakfast

Chocolate Peanut Butter Shake

For The Shake

- 1 x frozen Sliced banana (pre-frozen is good)
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk.

Method

1. Blast for about 20 seconds until frothy.
2. Drink immediately.

Lunch

Classic Hummus, Carrot & Rocket Sarnie

Method

Sandwich of 2 slices of thick wholemeal, tortilla wrap or sourdough bread (oil free), large tablespoon of hummus, a grated carrot, big handful of rocket, and salt and pepper to taste.

Dinner

Serves 3-4

Spanish Chickpea and Potato Omelette with Avocado Salad

Make enough for tomorrow's lunch

For The Omelette

- 1-2 x tbsp of olive or coconut oil
- 1 x large red onion, sliced
- 300g of potatoes cut into medium sized slices 1/2 cm. New potatoes or waxy types are best (you can leave the skin on new potatoes)
- 1 x cup of chickpea (gram) flour
- 1 x cup of water
- Salt and pepper to taste (or use black salt/kala namak for a more 'eggy' taste)



Method

1. Add a little oil (if using) to a non-stick pan and add your chopped onion and sliced potatoes.
2. Cook until tender (about 20 minutes) and add a little hot water as you go to prevent sticking if you need to.
3. Mix your chickpea flour and water together in a large bowl (add your water to the flour a bit at a time to prevent lumps) with your seasoning, then add your potatoes and onion mix. Be careful not to break the potatoes up too much if you can.
4. Clean out your non-stick frying pan and add a little more oil (again, you can omit the oil if you are oil-free but you will need to care it doesn't stick, so a good pan is essential).
5. Cook on a medium heat for 6-8 minutes until you start to see sign of the heat coming through to the top and the bottom is golden.
6. Flip or use a plate to turn gently and cook the other side for a further few minutes until golden. Or alternatively, cook the top under a hot grill.
7. Serve with a green salad, tomatoes and chopped avocado with a fat-free dressing of your choice.

Breakfast

Granola and Fresh Fruit with Coconut/Soya Yoghurt OR Plant Milk

Lunch

Slice of last night's omelette, 1 x banana

You may find that your omelette will taste better heated up. You can do this in the microwave for about 1 Min, 20 seconds

Dinner

Makes 4 burgers

Black Bean Burger with Chunky Chips and Peas

Save enough for tomorrow's dinner



For The Burgers

- 1/2 an onion chopped very finely
- 1 x 400g can of black beans, drained but not washed
- 2 x slices of granary or sourdough bread crumbled (you can do this in a food processor (don't turn it to flour, you want some texture in there))
- 1/2 tsp of salt
- 1 x tsp of garlic powder
- 1 x tsp onion powder
- Good crack of black pepper
- Pinch of cayenne (optional)
- 1/2 a cup of oat flour (you can make this easily by pulsing porridge oats in a blender)
- 250g of white potatoes per person, cut into chunky chips with skins on.
- Green frozen peas

Method

1. Heat oven to 180C (350F) and get your chips on the go by cooking in a hot pan with a tiny bit of oil, or even nothing if you're oil-free. It is best to boil your chips first in salted water until almost done for a better texture chip. If you are cooking them without oil, then you can coat them in cornflour to help crisp them up before you put them in the oven.
2. Mix all ingredients (apart from chips and peas) in a large mixing bowl. You will need to get your hands in there to form 4 burger shaped patties. You may need extra flour to stop them sticking on your hands.
3. Place on parchment paper (you can freeze separately what you don't need).
4. Get a medium heat frying pan on the go and cook patties in a tiny bit of oil. They also cook well dry in a non-stick pan. Cook for about 5 minutes each side. Flatten out more in the pan with a fish slice.
5. Serve with your chips, peas and a sauce of your choice.

Breakfast

Serves 2

Buckwheat Pancakes

For The Pancakes

- 1/4 cup of oat flour
- 1/2 cup of buckwheat flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 3/4 cup of oat milk
- 1 banana
- 1 tbsp almond butter
- 1 tbsp maple syrup (optional)



Method

1. Put all your dry ingredients into a separate bowl.
2. Add the rest of your ingredients to a blender and whizz until smooth.
3. Add you wet ingredients slowly to your dry and stir with a wooden spoon until smooth.
4. Add a quarter of the mix at a time to a hot, lightly greased skillet or frying pan and cook on a medium heat for about 2 minutes each side, or until golden.
5. Serve with coconut yoghurt, fresh fruit, no added sugar jam, or go British and opt for lemon juice and a little sugar (I use xylitol).

Sunday Lunch

Serves 4-6

Baked Tahini Cauliflower with Roast Vegetables

For The Bake

- 1 x medium sized head of cauliflower
- 1/2 cup of tahini paste
- 1/2 cup of warm water
- Juice from 2 lemons
- 2-3 cloves of crushed garlic
- 3/4 tsp of salt
- 1/2 tsp smoked paprika
- Chopped parsley for garnish (optional)

Method

1. Pre heat oven to 190 C
2. Prepare your cauliflower by trimming of all leaves, keeping it whole (trim bottom stem too).
3. Line a baking sheet with foil and sit your cauliflower on top.
4. Whisk your other ingredients in a bowl and keep half aside.
5. Baste your cauliflower generously with half of the sauce, using either a brush or your hands.
6. Bake for 45-50 minutes uncovered until browning.
7. Cut into about 6 slices and serve with coconut oil roasted potatoes and vegetables of your choice.

Dinner

Last Night's Black Bean Burger

Served with big portion of homemade slaw of sliced cabbage, carrot, apple, onion, fennel (optional). Dress with either vegan salad cream or lemon, cider vinegar, salt and pepper.

Contact Us

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If you would like anymore information we recommend you join our Private Facebook Group where we can give you all the support you need on a more personal level.

You are free to ask advice, let us know how you're getting on, and also interact with others who will be doing the same plan as you.

You will also have access to speak with a Nutritional Advisor and Personal Trainer. This will help support you further with your program, and most of all keep you motivated and give you ACCOUNTABILITY.

You can also reach us at the website for lots of useful information, Click the icons below for the links.



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